

QUT Digital Repository:  
<http://eprints.qut.edu.au/>



This is the published version of this journal article:

Cuddihy, Thomas F. and Brymer, Eric (2010) *Editorial*. Asia-Pacific Journal of Health, Sport and Physical Education, 1(2). p. 3.

© Copyright 2010 Australian Council for Health, Physical Education and Recreation Inc.

# Editorial

Thomas F. Cuddihy and Eric Brymer  
Guest Editors

The goals of this special issue of the *Asia-Pacific Journal of Health, Sport and Physical Education* were to provide insights into the developing, yet vital, nature of Wellness. The roots of this special issue are firmly set in the 2009 ACHPER National conference held in Brisbane and the realisation that interest in constructs surrounding "quality of life" had grown. At a broader level, Wellness is now seen as central to redefining the National Health agenda. In 2009, the National Health and Hospitals Reform Commission sponsored a report that earmarked a "Wellness focus" as part of an extensive reform in the Australian health system. Globally, the World Health Organisation and the World Economic Forum (2007) have adopted a Wellness outlook for countries and organisations.

Over the last forty years, Wellness has evolved from merely a worthy construct to study to an international research field. Internationally, university courses of study in the last decade have flourished, with the National Wellness Institute in the USA reporting over 270 registered undergraduate programs and 150 registered postgraduate programs. Several universities in Australia now provide opportunities to specialise in Wellness at undergraduate level and one at postgraduate level.

Businesses are now investing in Wellness programs and government authorities recognise Wellness issues when considering planning. Wellness is now a workplace and community priority. As a response to these developments, the peak body for Wellness, the National Wellness Institute of Australia, was incorporated in 2007 to professionalise the Wellness industry.

In this issue we draw attention to four papers on Wellness from an Australian perspective. The first paper, presented by Marc Cohen from RMIT in Victoria, highlights the congruence between Eastern understandings of Wellness and a particular understanding of Western energy flow. He argues for a more conscious lifestyle where consumption habits and inner values align. The second paper details an initiative that promotes Wellness in the workplace. Roxanne Machen from Central Queensland University and colleagues provide a comprehensive and sustainable framework for workplace Wellness promotion in regional and rural communities. Eric Brymer and co-authors from Queensland University of Technology focus on exploring the role of nature-based experiences in the third of the Wellness papers. They argue that, as society has become more urbanised, people have reduced opportunities for exposure to the natural world. The evidence presented indicates that this trend is detrimental to human Wellness. The final paper of this special issue by Goss, Cuddihy and Michaud-Tomson (South-East Queensland universities) examine the development of a learner-centred Wellness education curriculum in higher education. They suggest that learner success is optimised by authentic opportunities to develop and practice self regulation strategies and conclude that Wellness Education curriculum writers must construct the curriculum as an integrated whole, with identifiable branches that elaborate dimensions of a Wellness model.

We hope that with this special issue on Wellness we have provided an opportunity to gain a snapshot of what some Wellness researchers are exploring. This edition also provides the opportunity to consider how Wellness influences every aspect of our lives. It illustrates how concepts of Wellness are being examined and critiqued in a variety of discipline areas and highlights the importance of encouraging and enhancing the exchange of ideas and research about Wellness.

In conclusion, we thank the members of National ACHPER management board and Chris Hickey, the Journal Editor, for this opportunity and support. We also thank the authors who submitted papers that were not included in this edition. A special thanks to the reviewers for their dedication, honest work and constructive comments. Finally we thank all those who contributed to this edition and wish them well.

Thomas F. Cuddihy and Eric Brymer  
Institute of Health and Biomedical Innovation and School of Human Movement Studies  
Queensland University of Technology